



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 15020, Fish, croaker, Atlantic, raw

Report Date: June 25, 2017 18:18 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 79g	3.0 oz 85g
Proximates						
Water	g	78.03	7	0.594	61.64	66.33
Energy	kcal	104	--	--	82	88
Energy	kJ	435	--	--	344	370
Protein	g	17.78	7	0.301	14.05	15.11
Total lipid (fat)	g	3.17	8	0.529	2.50	2.69
Ash	g	1.11	7	0.113	0.88	0.94
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca	mg	15	1	--	12	13
Iron, Fe	mg	0.37	1	--	0.29	0.31
Magnesium, Mg	mg	40	1	--	32	34
Phosphorus, P	mg	210	1	--	166	178
Potassium, K	mg	345	1	--	273	293
Sodium, Na	mg	56	1	--	44	48
Zinc, Zn	mg	0.42	91	0.009	0.33	0.36
Copper, Cu	mg	0.042	92	0.002	0.033	0.036
Manganese, Mn	mg	0.025	1	--	0.020	0.021
Selenium, Se	µg	36.5	--	--	28.8	31.0
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 79g	3.0 oz 85g
Thiamin	mg	0.075	--	--	0.059	0.064
Riboflavin	mg	0.095	--	--	0.075	0.081
Niacin	mg	4.200	--	--	3.318	3.570
Pantothenic acid	mg	0.750	--	--	0.593	0.637
Vitamin B-6	mg	0.300	--	--	0.237	0.255
Folate, total	µg	15	--	--	12	13
Folic acid	µg	0	--	--	0	0
Folate, food	µg	15	--	--	12	13
Folate, DFE	µg	15	--	--	12	13
Choline, total	mg	67.0	--	--	52.9	57.0
Vitamin B-12	µg	2.50	--	--	1.98	2.12
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	12	--	--	9	10
Retinol	µg	12	--	--	9	10
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	41	--	--	32	35
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	1.29	--	--	1.02	1.10
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.7	--	--	0.6	0.6
Vitamin D3 (cholecalciferol)	µg	0.7	--	--	0.6	0.6
Vitamin D	IU	27	--	--	21	23
Vitamin K (phylloquinone)	µg	0.1	--	--	0.1	0.1
Lipids						
Fatty acids, total saturated	g	1.088	--	--	0.860	0.925
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 79g	3.0 oz 85g
14:0	g	0.049	1	--	0.039	0.042
16:0	g	0.836	1	--	0.660	0.711
18:0	g	0.203	1	--	0.160	0.173
Fatty acids, total monounsaturated	g	1.149	--	--	0.908	0.977
16:1 undifferentiated	g	0.464	1	--	0.367	0.394
18:1 undifferentiated	g	0.593	1	--	0.468	0.504
20:1	g	0.086	1	--	0.068	0.073
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.464	--	--	0.367	0.394
18:2 undifferentiated	g	0.046	1	--	0.036	0.039
18:3 undifferentiated	g	0.009	1	--	0.007	0.008
18:4	g	0.011	1	--	0.009	0.009
20:4 undifferentiated	g	0.092	1	--	0.073	0.078
20:5 n-3 (EPA)	g	0.123	1	--	0.097	0.105
22:5 n-3 (DPA)	g	0.086	1	--	0.068	0.073
22:6 n-3 (DHA)	g	0.097	1	--	0.077	0.082
Cholesterol	mg	61	1	--	48	52
Amino Acids						
Tryptophan	g	0.199	--	--	0.157	0.169
Threonine	g	0.780	--	--	0.616	0.663
Isoleucine	g	0.819	--	--	0.647	0.696
Leucine	g	1.445	--	--	1.142	1.228
Lysine	g	1.633	--	--	1.290	1.388
Methionine	g	0.526	--	--	0.416	0.447
Cystine	g	0.191	--	--	0.151	0.162
Phenylalanine	g	0.694	--	--	0.548	0.590
Tyrosine	g	0.600	--	--	0.474	0.510
Valine	g	0.916	--	--	0.724	0.779
Arginine	g	1.064	--	--	0.841	0.904
Histidine	g	0.523	--	--	0.413	0.445
Alanine	g	1.075	--	--	0.849	0.914
Aspartic acid	g	1.821	--	--	1.439	1.548
Glutamic acid	g	2.654	--	--	2.097	2.256

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fillet 79g	3.0 oz 85g
Glycine	g	0.854	--	--	0.675	0.726
Proline	g	0.629	--	--	0.497	0.535
Serine	g	0.725	--	--	0.573	0.616
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0